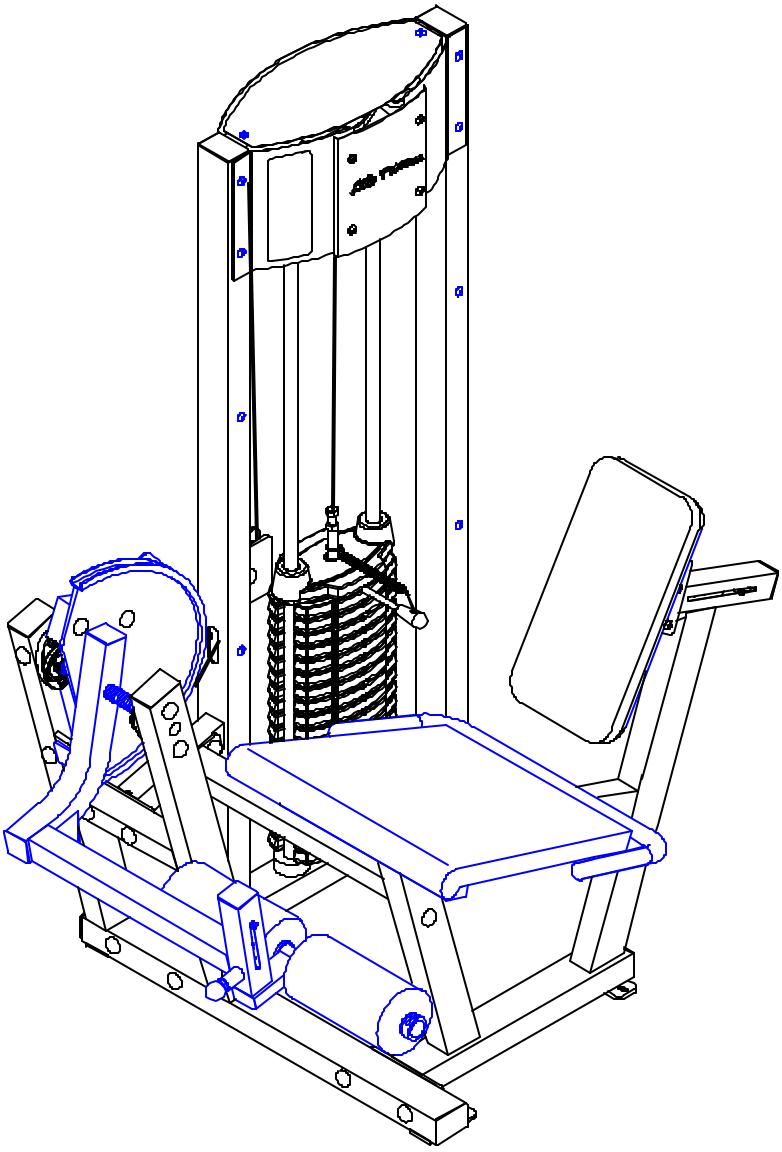
CLUB SERIES LEG EXTENSION



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	69518xx	TOWER	1
1A	6958401	CABLE	1
1B	6925801	KEEP CLEAR LABEL	1
1C	6692601	3 X 2 END CAP	3
1D	6714901	GUIDE ROD BUSHING	2
1E	3102903	3/8-16 X 2.5 BOLT	2
1F	3102933	3/8-16 X 2 BOLT	1
1G	6866701	3/8 RH WASHER	4
1H	6866601	CAP, RH-20 BLK	4
1I	3102807	3/8-16 NYLOCK NUT	3
1J	6480301	3/8 SPACER	4
1K	3102514	3/8 FLAT WASHER	2
1L	3222801	4.5" PULLEY	3
2	69509xx	ASSY PIVOT ARM SUPPORT	1
3	69502xx	ASSY HANDLE	1
3A	3103110	RUBBER GRIP	2
4	69645xx	ASSY PIVOT ARM	1
4A	6412001	SPRING PULL PIN	1
4B	6405201	2 SQ END CAP	3
4C	6946901	ROLLER PADS	2
4D	6946102	KNEE HOLD DOWN BLACK	1
4E	3222701	SHAFT COLLAR	2
4F	3119303	1.25 END CAP	2
5	68839xx	GUIDE ROD SUPPORT	1
6	6952902	CAM SHROUD BLK	1
7	6962202	COUNTERBALANCE	1
8	69623xx	WLDMT, CROSS SUPPORT	1
9	69495xx	SEAT FRAME	1
9A	6947902	SEAT ADJ BLACK	1
9B	3234301	SCREW	4
9C	6897001	15 POS ADJ PLATE	1
9D	6897101	ADJ PLATE	1
9E	6912202	HINGE	1
10	69450xx	16" TUBE	1
11	6923602	HEAD PLATE	1
12	3102901	3/8 X 1-1/4" BOLT	2
13	3102902	3/8 X 2-1/4" BOLT	2
14	3102903	3/8 X 2-1/2" BOLT	2
15	3102922	3/8 X 2-3/4" BOLT	13

KEY	PART #	DESCRIPTION	QTY
16	3102942	3/8 X 3-1/2" BOLT	2
17	3102905	3/8 X 3-3/4" BOLT	4
18	3202404	3/8 X 3" BUTTON HEAD BOLT	4
19	3102807	3/8" LOW HEIGHT LOCK NUT	24
20	3230701	STARLOCK WASHER	4
21	3102514	3/8" SAE WASHER	36
22	6866701	3/8" RH WASHER	49
23	3203501	PILLOW BLOCK	2
24	6913801	WEIGHT STACK SELECTOR PIN	1
25	3108001	WEIGHT STACK CUSHION	2
26	6866601	RH CAP BLACK	6
27	3222001	1" SHAFT COLLAR	2
28	3116001	1-1/4" RUBBER BUMPER	1
29	6714901	GUIDE ROD BUSHING	2
30	6912801	2" ACCORDION SLEEVE	1
31	6912803	3" ACCORDION SLEEVE	1
32	6966101	PLACARD LABEL	1
33	6966201	LANGUAGE PLACARD LABEL	1
34	6957001	WEIGHT STACK LABEL	1
35	6927001	GUIDE ROD	2
36	6887202	10 LB. WEIGHT PLATE (STD)	15
37	6888402	15 LB. WEIGHT PLATE (OPT)	5
38	68775xx	BACK PAD	1
39	69574xx	SEAT PAD	1
40	6866602	RH CAP WHITE	43
OR	6866603	RH CAP PLATINUM	43
40W	3221601	STARLOCK WASHER	12
41	3202405	3/8-16 X 3.5BUTTON HEAD BOLT	10
42	3202401	3/8 X 1 BUTTON HEAD BOLT	2
43	6862007	FRONT PARTIAL SHROUD	1
44	6861402	REAR PARTIAL SHROUD	1
45	6861007	FRONT FULL SHROUD	1
46	6924902	REAR FULL SHROUD	1
47	6971601	WEIGHT STACK LABEL	1
48	6957101	HEAVY WEIGHT STACK LABEL	1

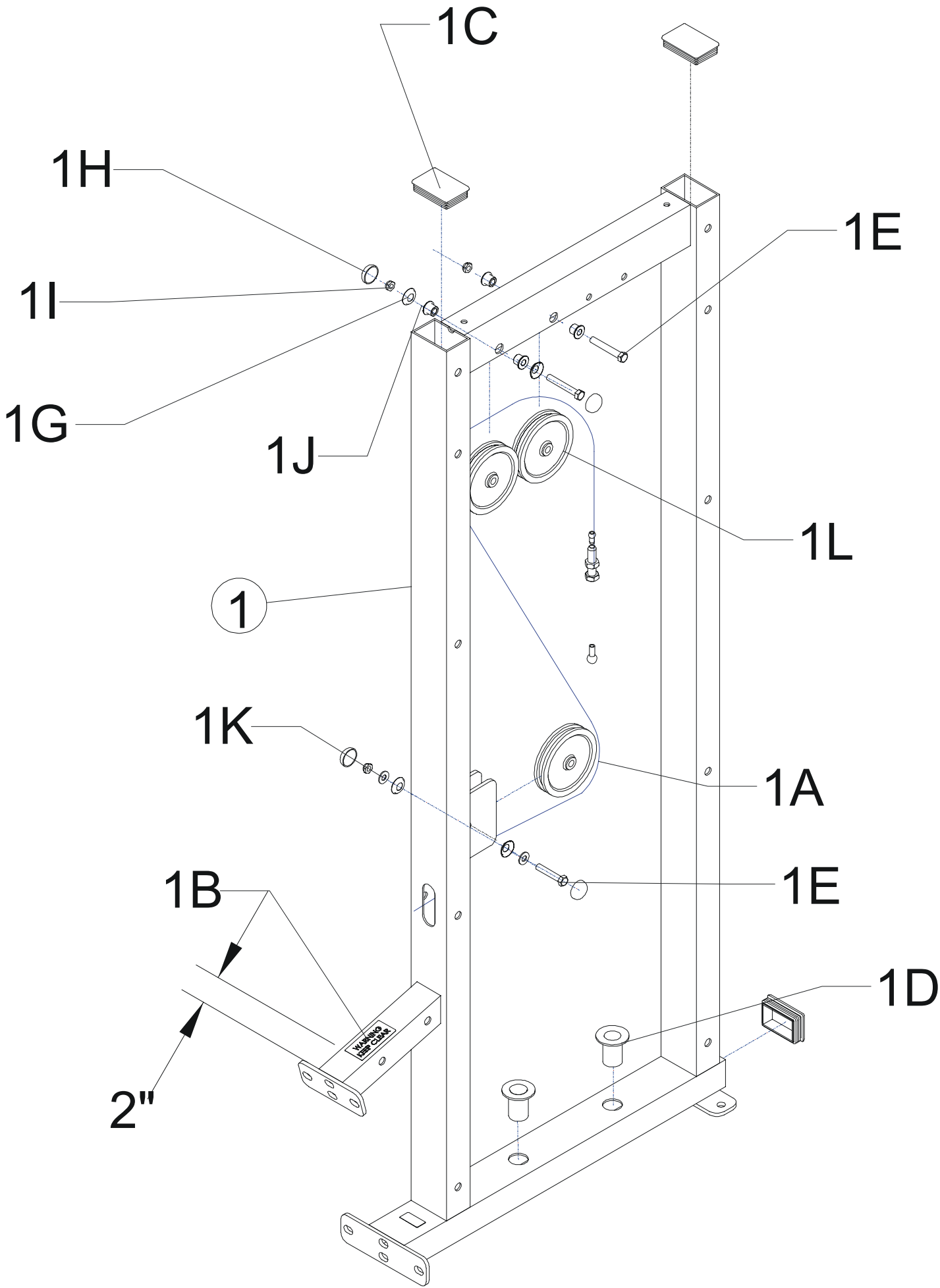
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

xxxxx07	**Denotes Platinum**
xxxxx08	**Denotes White**

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1C
1H
1E
1I
1G
1J
1L
1
1K
1A
1E
1B
1D
2"
WARNING
KEEP CLEAR

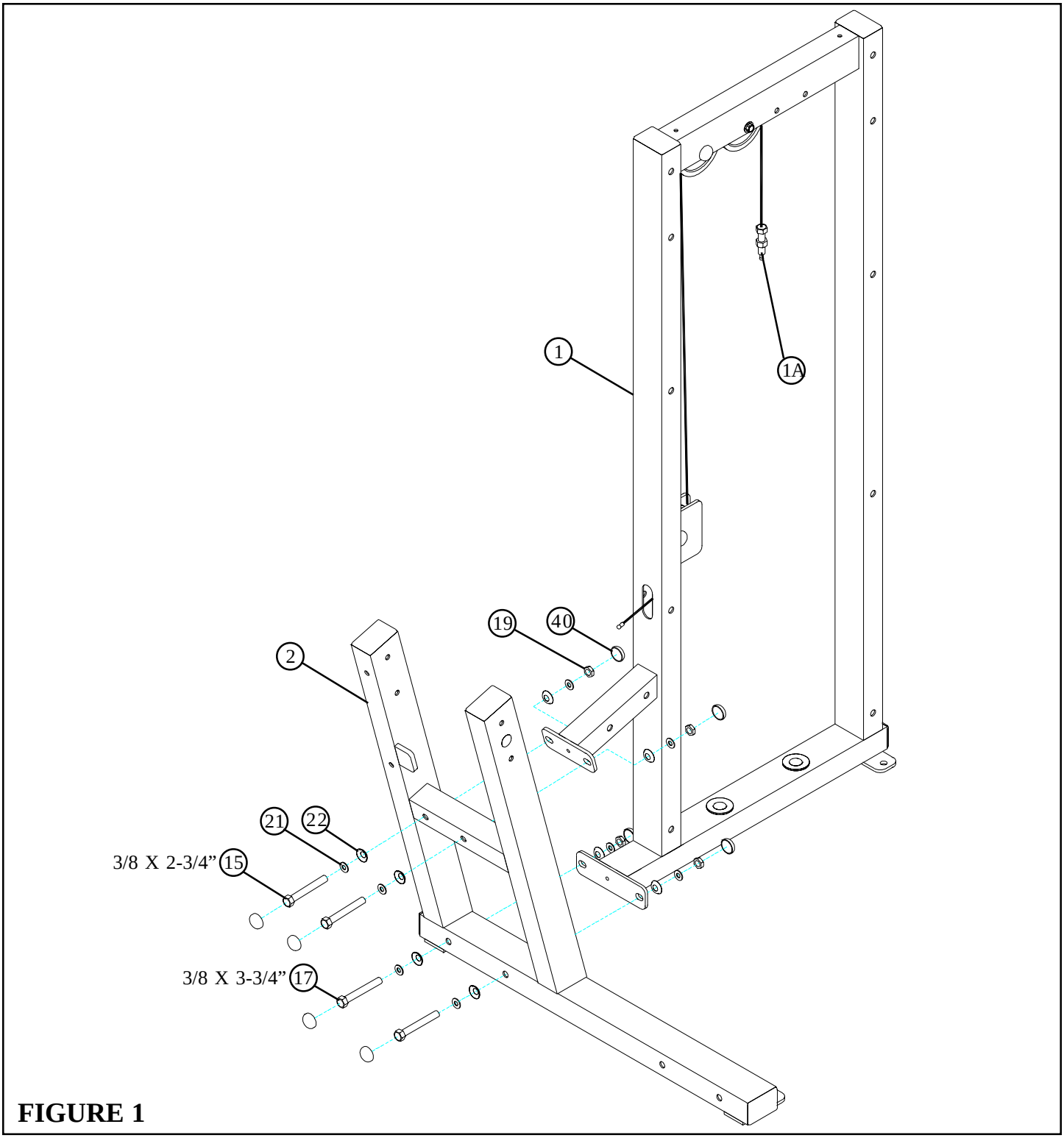
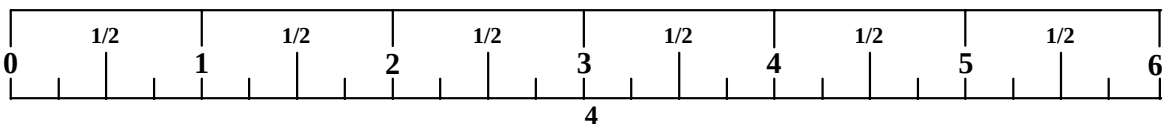


FIGURE 1

STEP 1:

- **LOOSELY** assemble the top of the PIVOT ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (40), two 3/8 X 2-3/4" BOLTS (15), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.

- **LOOSELY** assemble the bottom of the PIVOT ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (40), two 3/8 X 3-3/4" BOLTS (17), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.



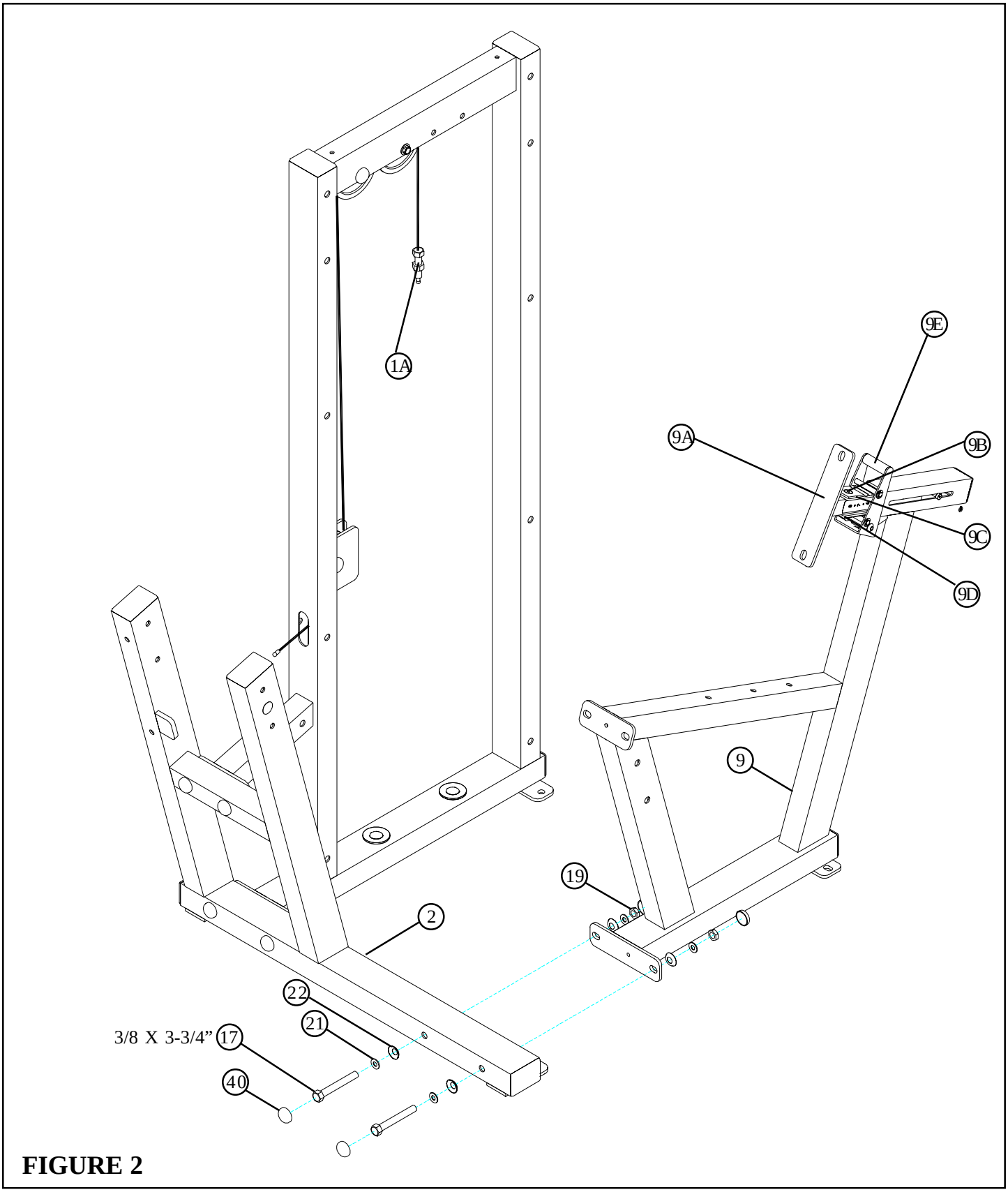


FIGURE 2

STEP 2:

- **LOOSELY** assemble the SEAT FRAME (9) to the PIOVT ARM SUPPORT (2) using four RH CAPS (40), two 3/8 X 3-3/4" BOLTS (17), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22), and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.

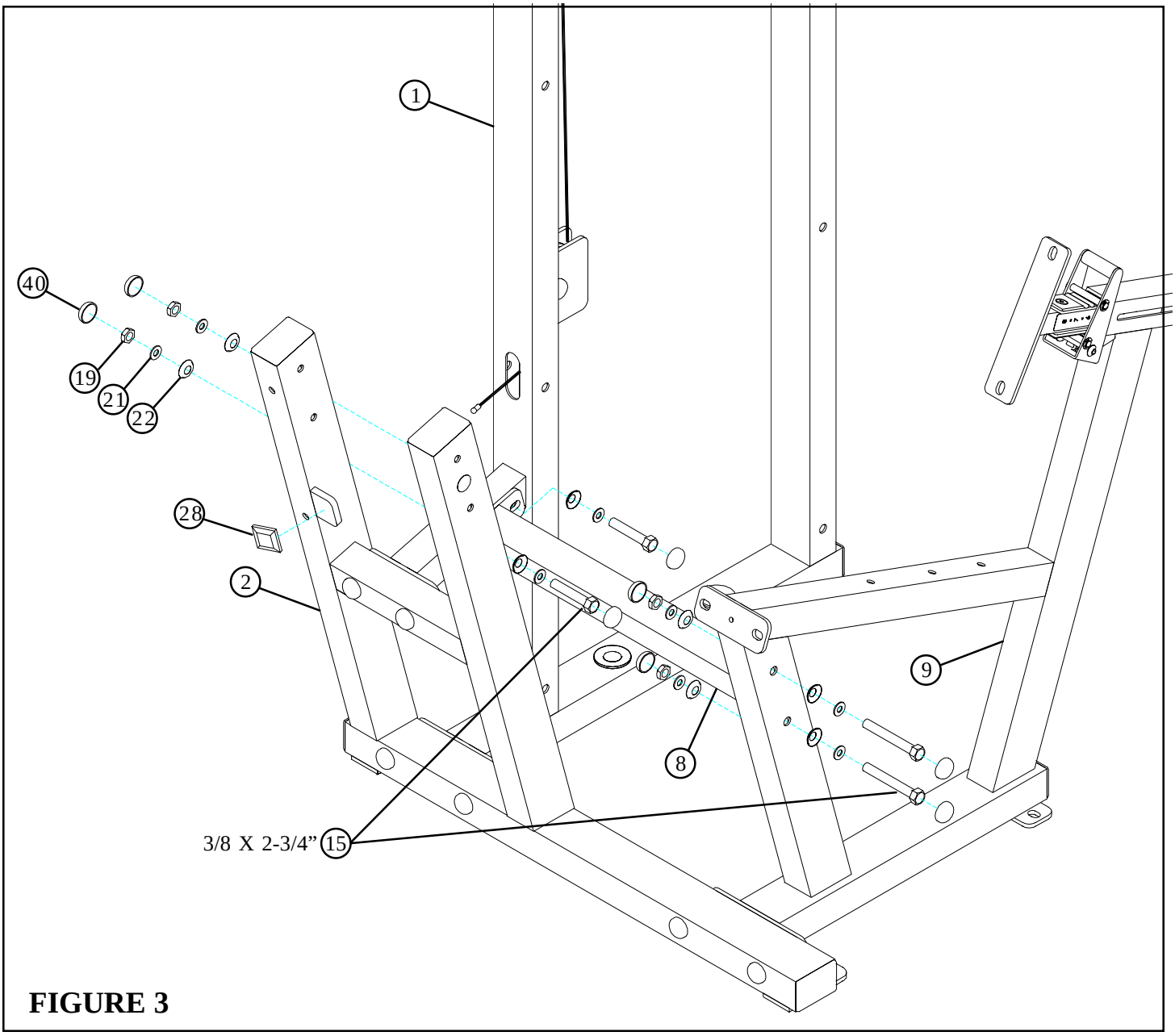


FIGURE 3

STEP 3:

- **LOOSELY** assemble the CROSS SUPPORT (8) to the TOWER (1) and SEAT FRAME (9) using eight RH CAPS (40), four 3/8 X 2-3/4" BOLTS (15), eight 3/8" SAE WASHERS (21), eight 3/8" RH WASHERS (22) and four 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 3.
- Assemble one 1-1/4" RUBBER BUMPER (28) to the PIVOT ARM SUPPORT (2) as shown in FIGURE 3.

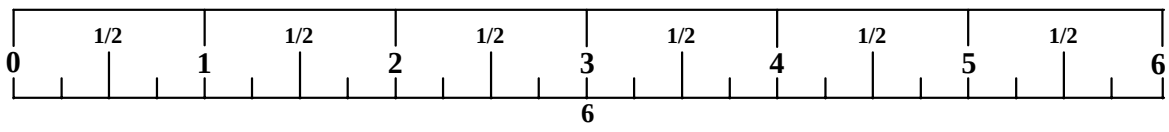
- **Securely tighten all loose frame connections made to this point, in the following order:**

1.Tighten the CROSS SUPPORT (8) to the TOWER (1) and SEAT FRAME (9).

2.Tighten the SEAT FRAME (9) to the PIVOT ARM SUPPORT (2).

3. Tighten the PIVOT ARM SUPPORT (2) to the TOWER (1) (upper and lower).

4. Snap RH CAPS (40) over the RH WASHERS (22) on all tightened connections.



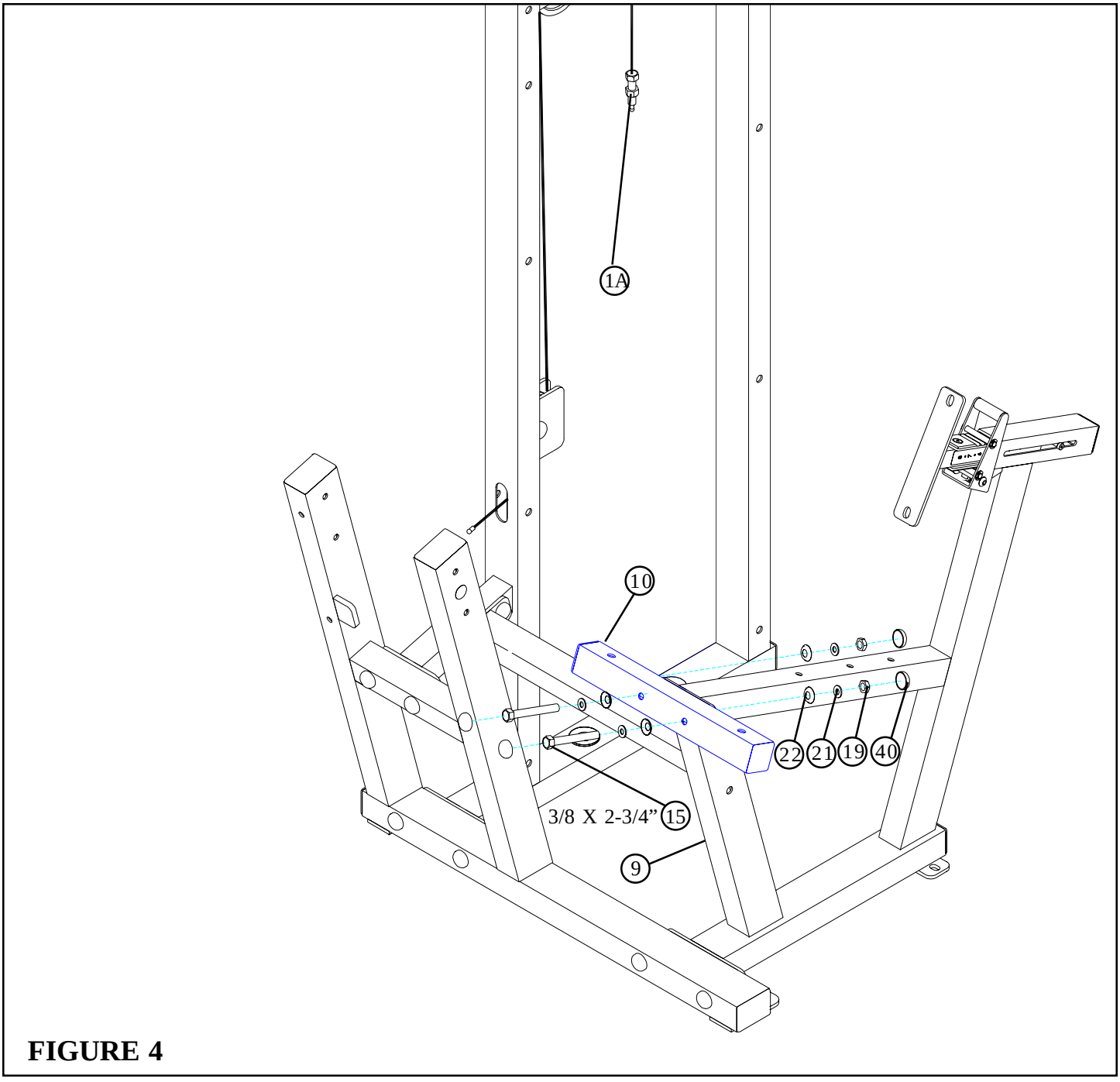


FIGURE 4

STEP 4:

- **SECURELY** assemble the 16" TUBE (10) to the SEAT FRAME (9) using four RH CAPS (40), two 3/8 X 2-3/4" BOLTS (15), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 4.

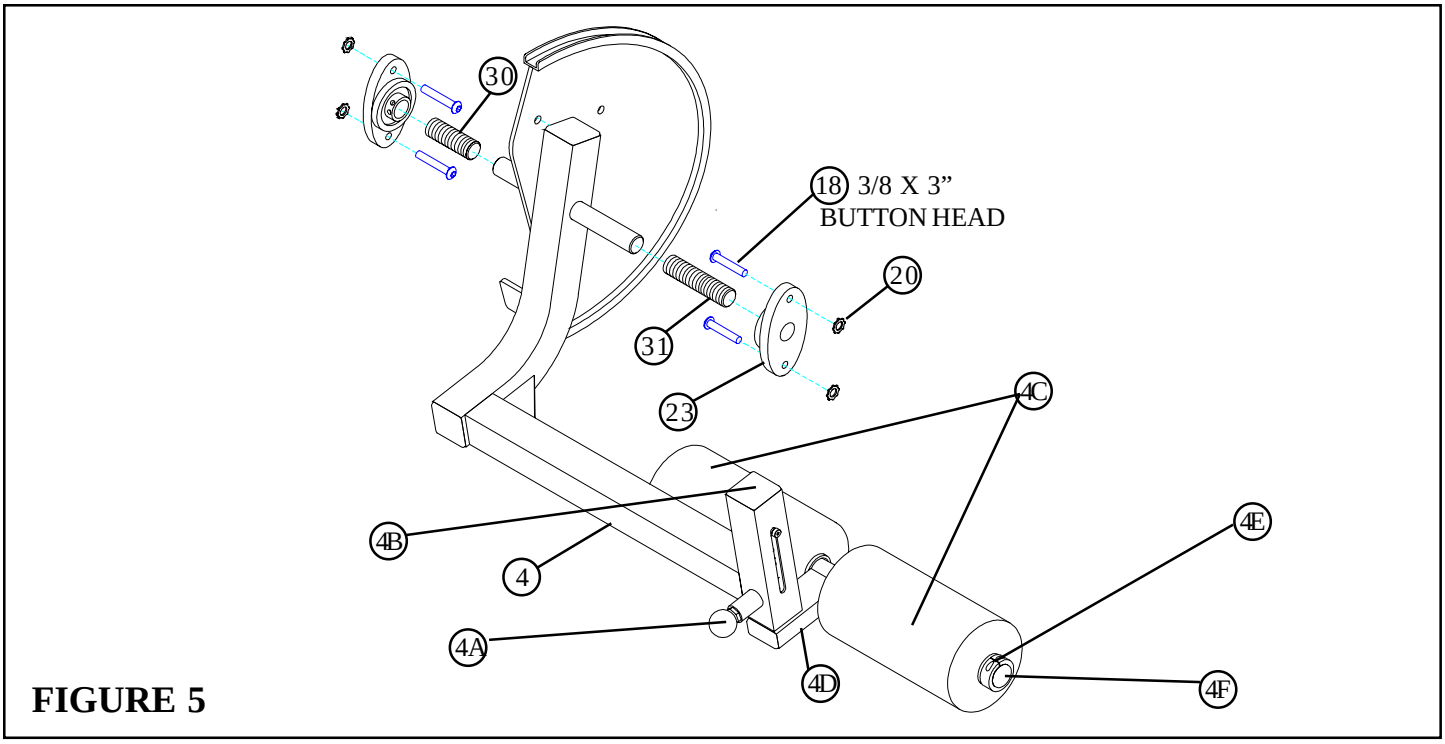


FIGURE 5

STEP 5:

- Slide one 2" ACCORDION SLEEVE (30), one 3" ACCORDIAN SLEEVE (31) and two PILLOW BLOCKS (23) over the shaft of the PIVOT ARM (4) as shown in FIGURE 5.
- Assemble four 3/8 X 3" BUTTON HEAD CAP SCREWS (18) and four STARLOCK WASHERS (20) to the the PILLOW BLOCKS (23) as shown in FIGURE 5

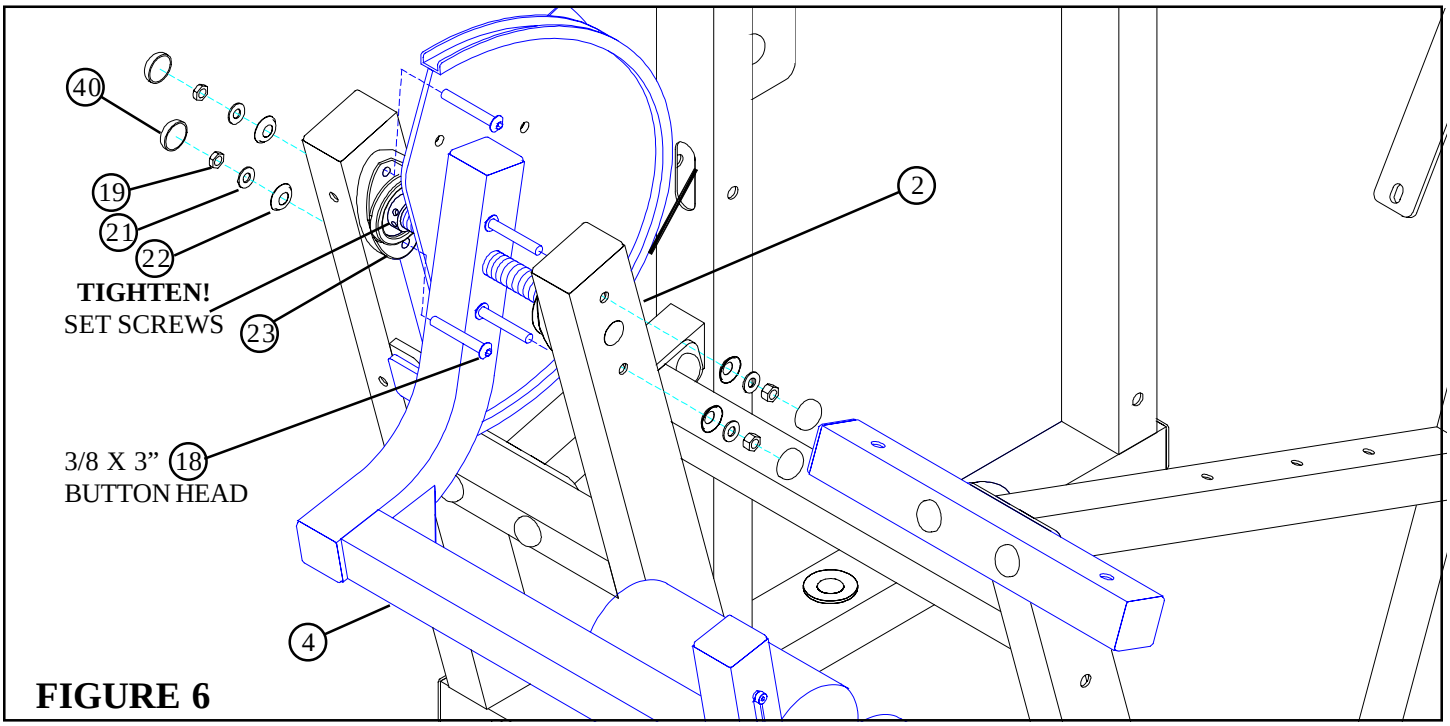


FIGURE 6

STEP 6:

- **SECURELY** assemble the PILLOW BLOCKS (23) on the PIVOT ARM (4) to the PIVOT ARM SUPPORT (2) using the four previously inserted 3/8 X 3" BUTTON HEAD CAP SCREWS (18), four 3/8" SAE WASHERS (21), four RH WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (40) as shown in FIGURE 6.
- **IMPORTANT!** When PIVOT ARM (4) is centered and level in the PILLOW BLOCKS (23), tighten the PILLOW BLOCK set screws.

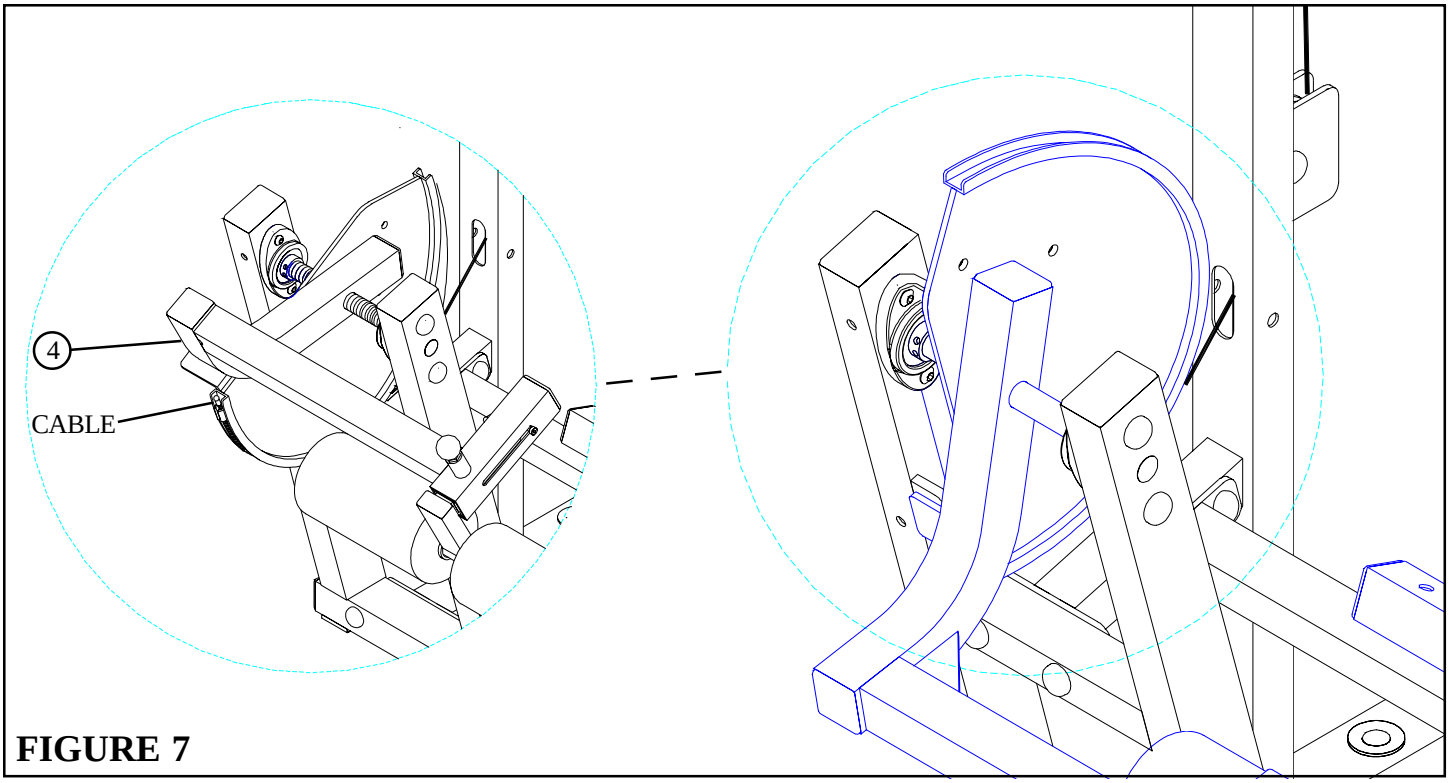


FIGURE 7

STEP 7:

- Slide the end of the CABLE into the bushing on the PIVOT ARM (4) as shown in FIGURE 7.

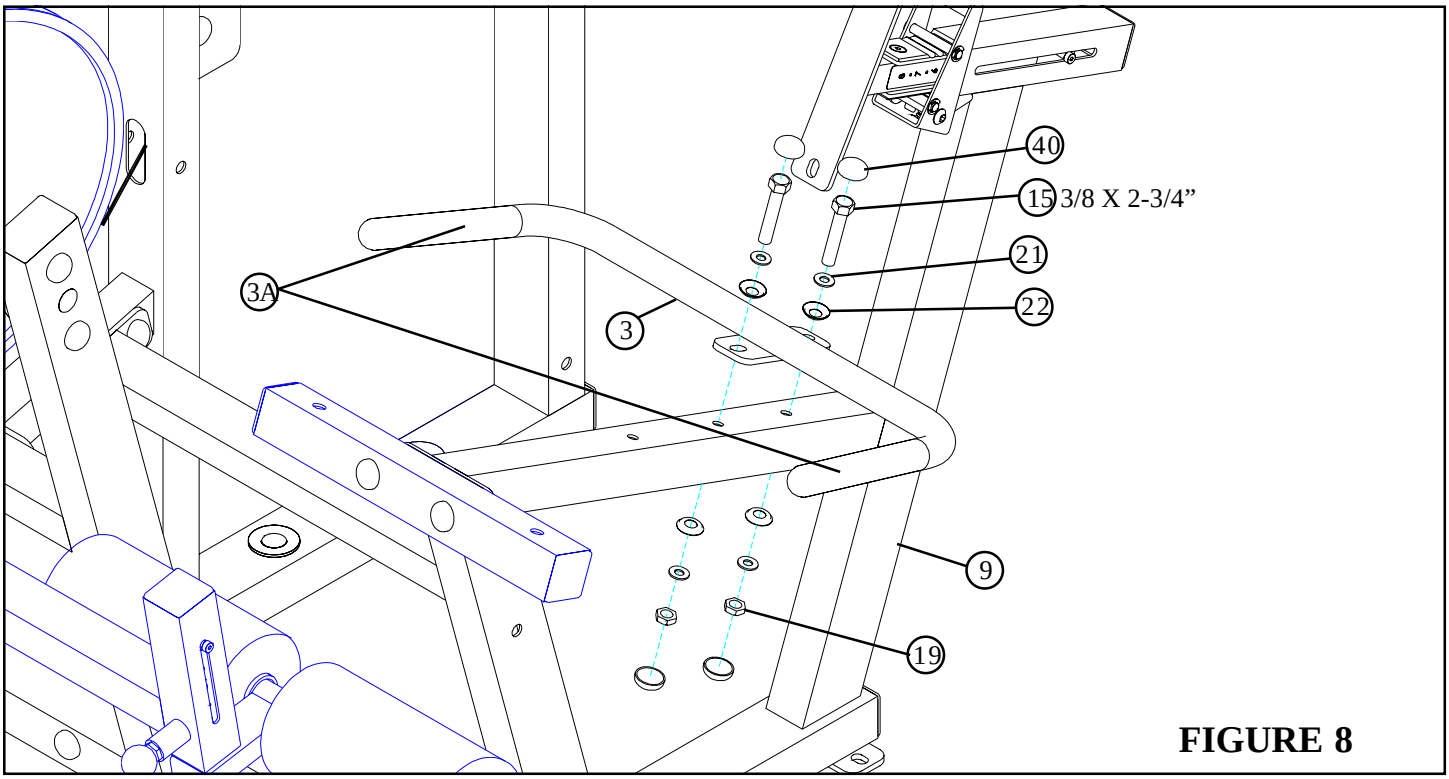


FIGURE 8

STEP 8:

- **SECURELY** assemble the HANDLE (3) to the SEAT FRAME (9) using four RH CAPS (40), two 3/8 X 2-3/4” BOLTS (15), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (22), and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 8.

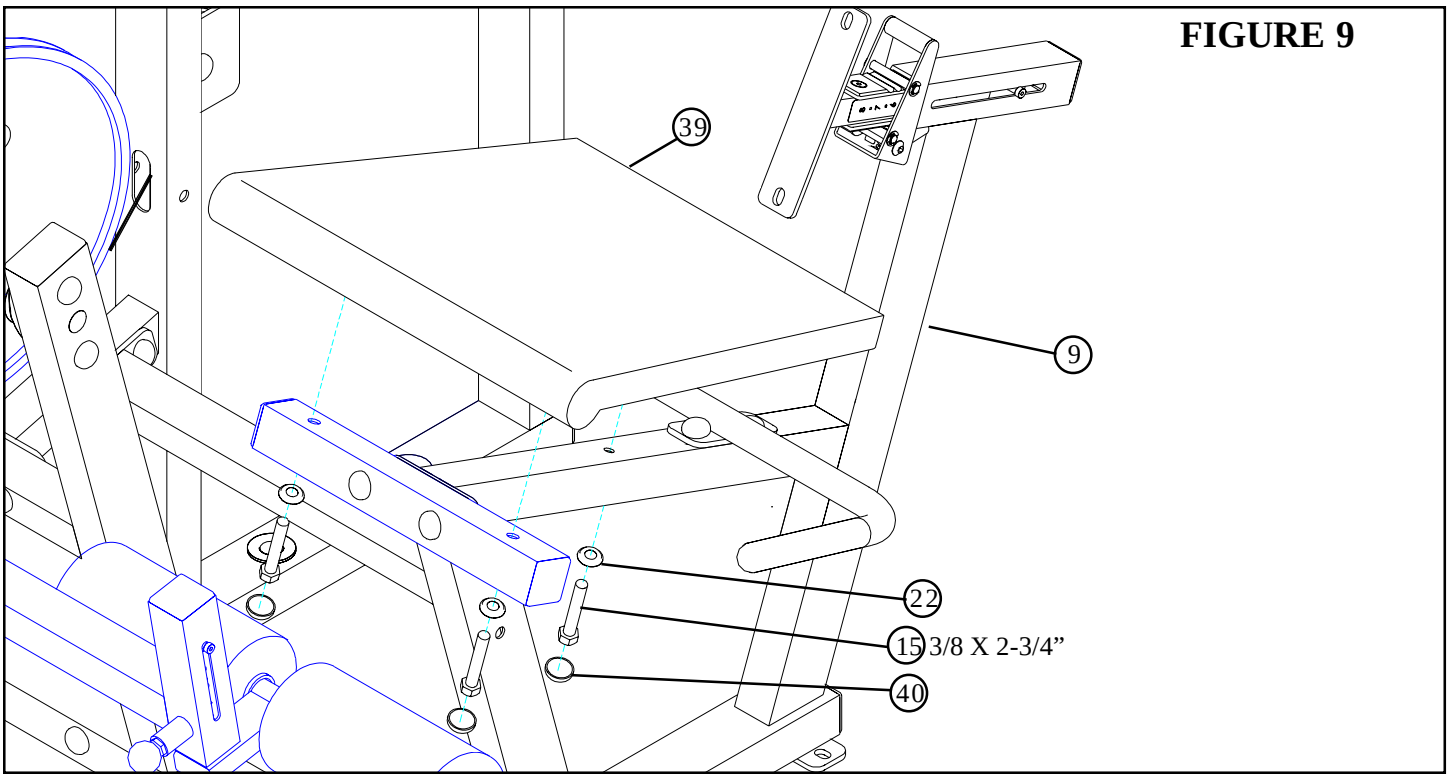


FIGURE 9

STEP 9:

- **SECURELY** assemble the SEAT PAD (39) to the SEAT FRAME (9) using three RH CAPS (40), three 3/8 X 2-3/4” BOLTS (15) and three 3/8” RH WASHERS (22) as shown in FIGURE 9.

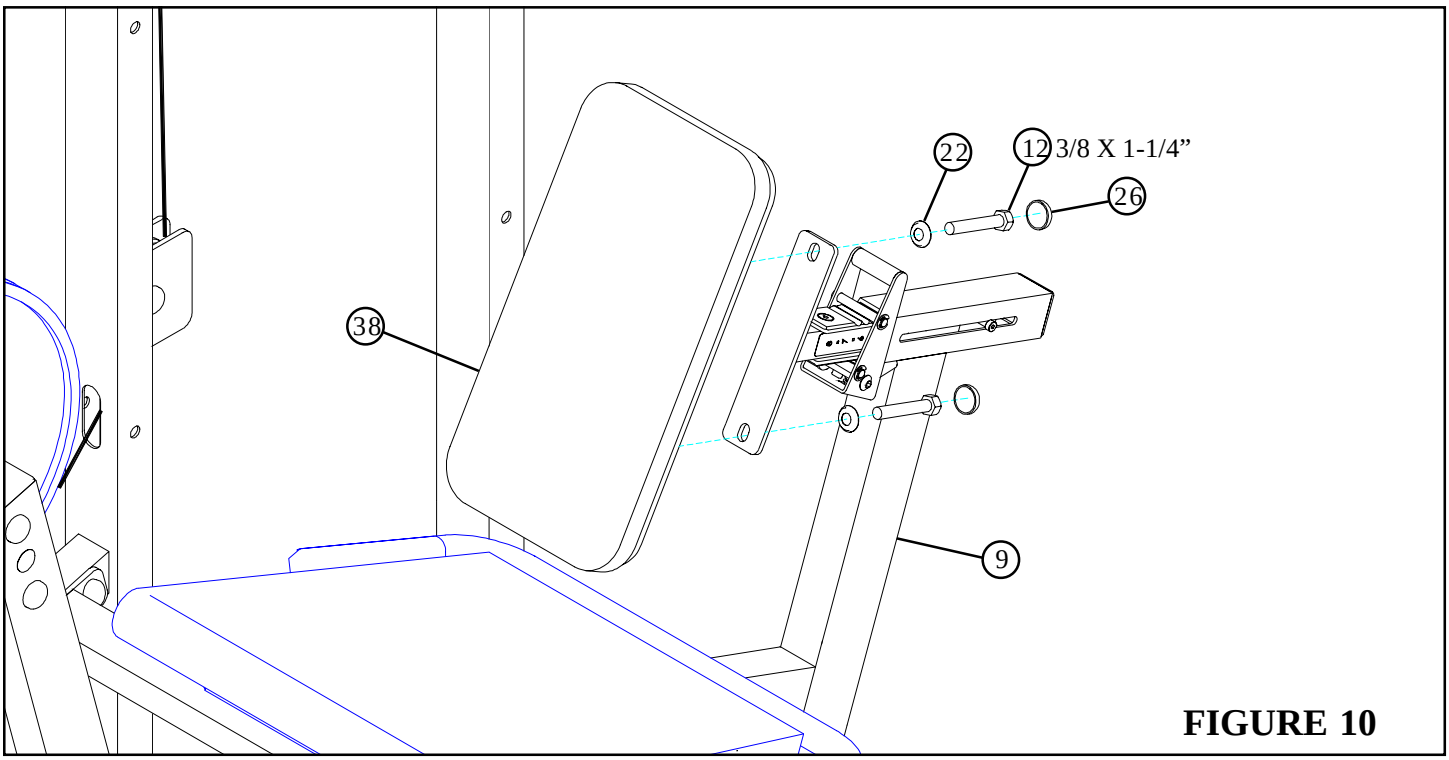
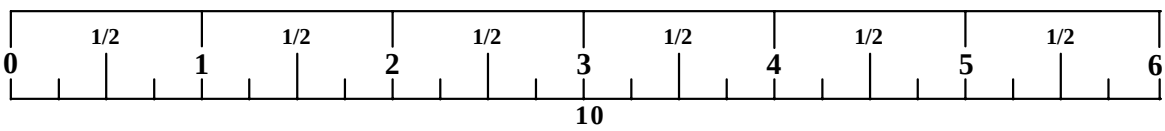


FIGURE 10

- **SECURELY** assemble the BACK PAD (38) to the SEAT FRAME (9) using two BLACK RH CAPS (26), two 3/8 X 1-1/4” BOLTS (12) and two 3/8” RH WASHERS (22) as shown in FIGURE 10.



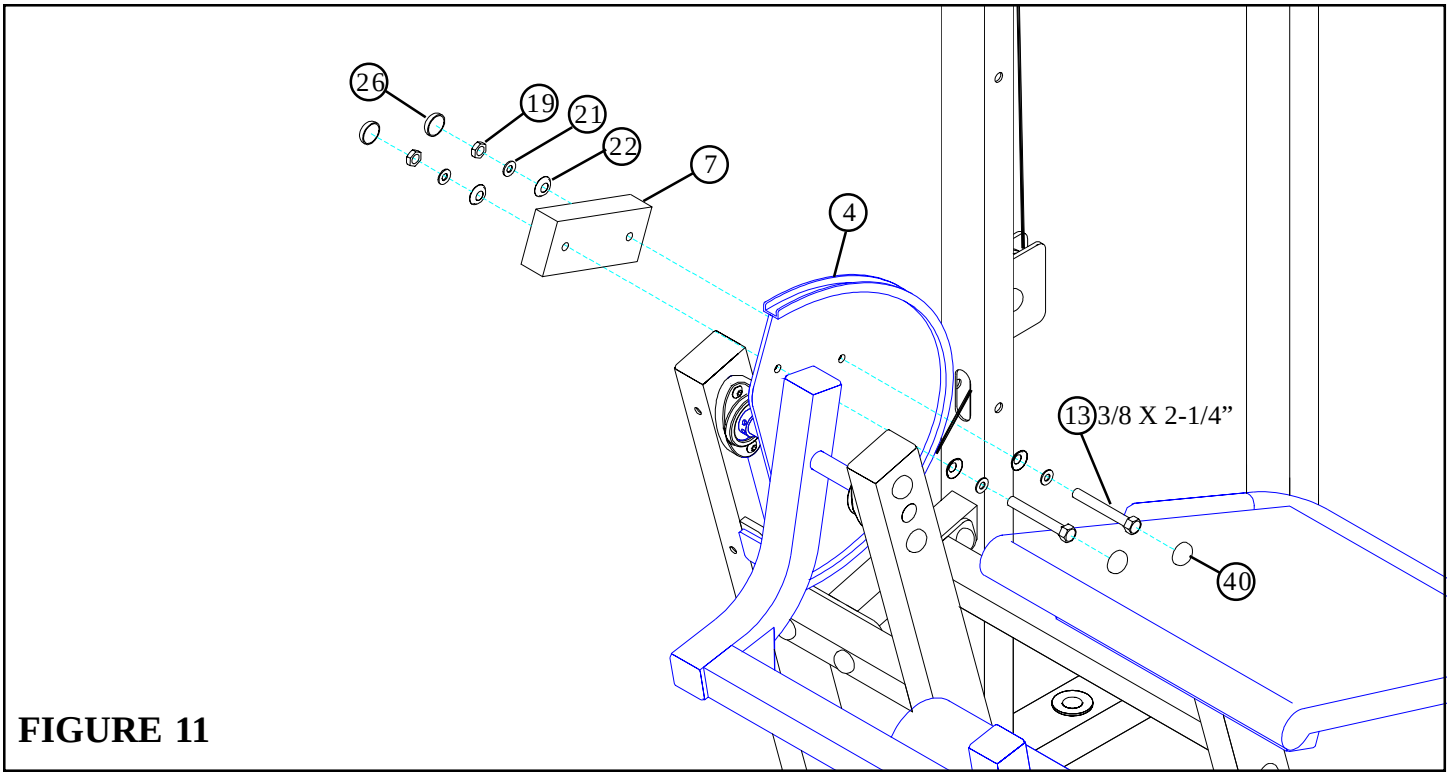


FIGURE 11

STEP 11:

- **SECURELY** assemble the COUNTER BALANCE (7) to the PIVOT ARM (4) using two BLACK RH CAPS (26), two RH CAPS (40), two 3/8 X 2-1/4” BOLTS (13), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 11.

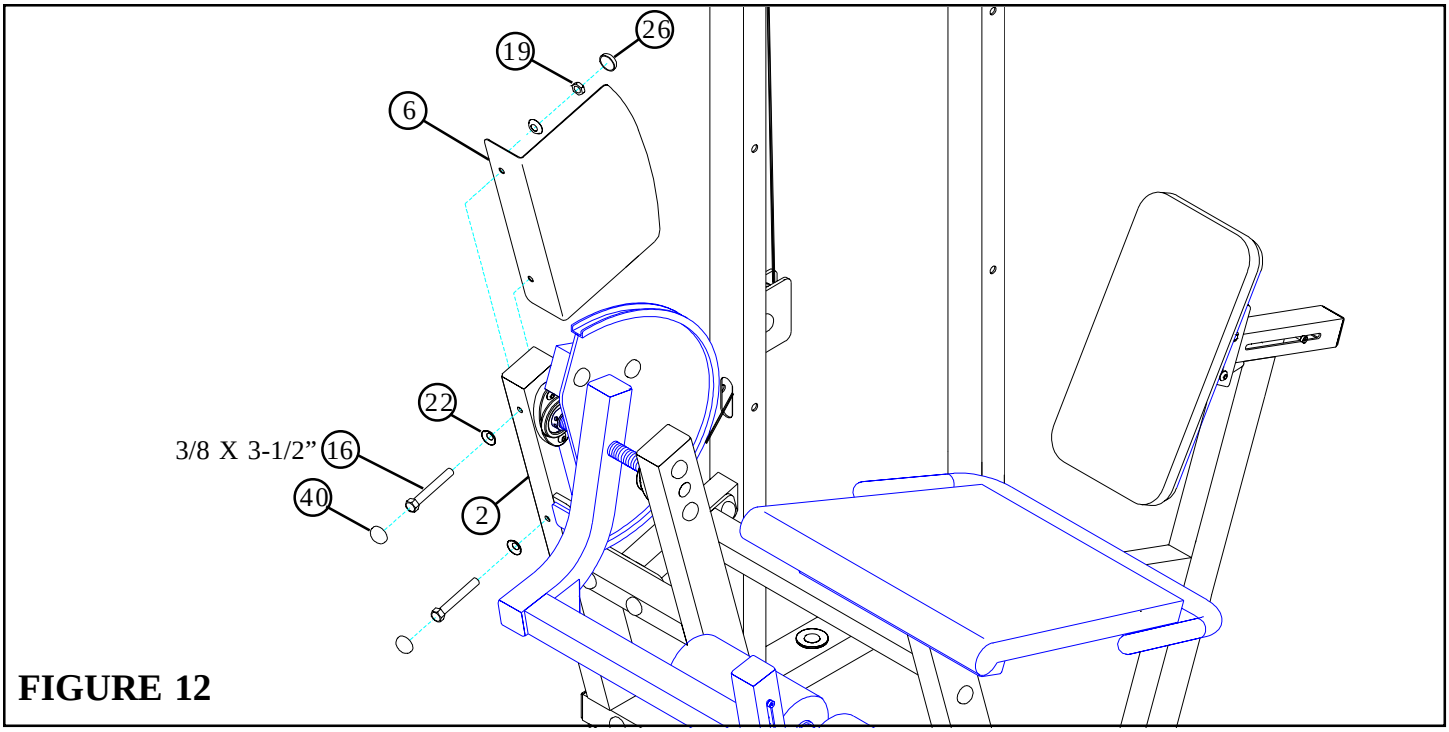
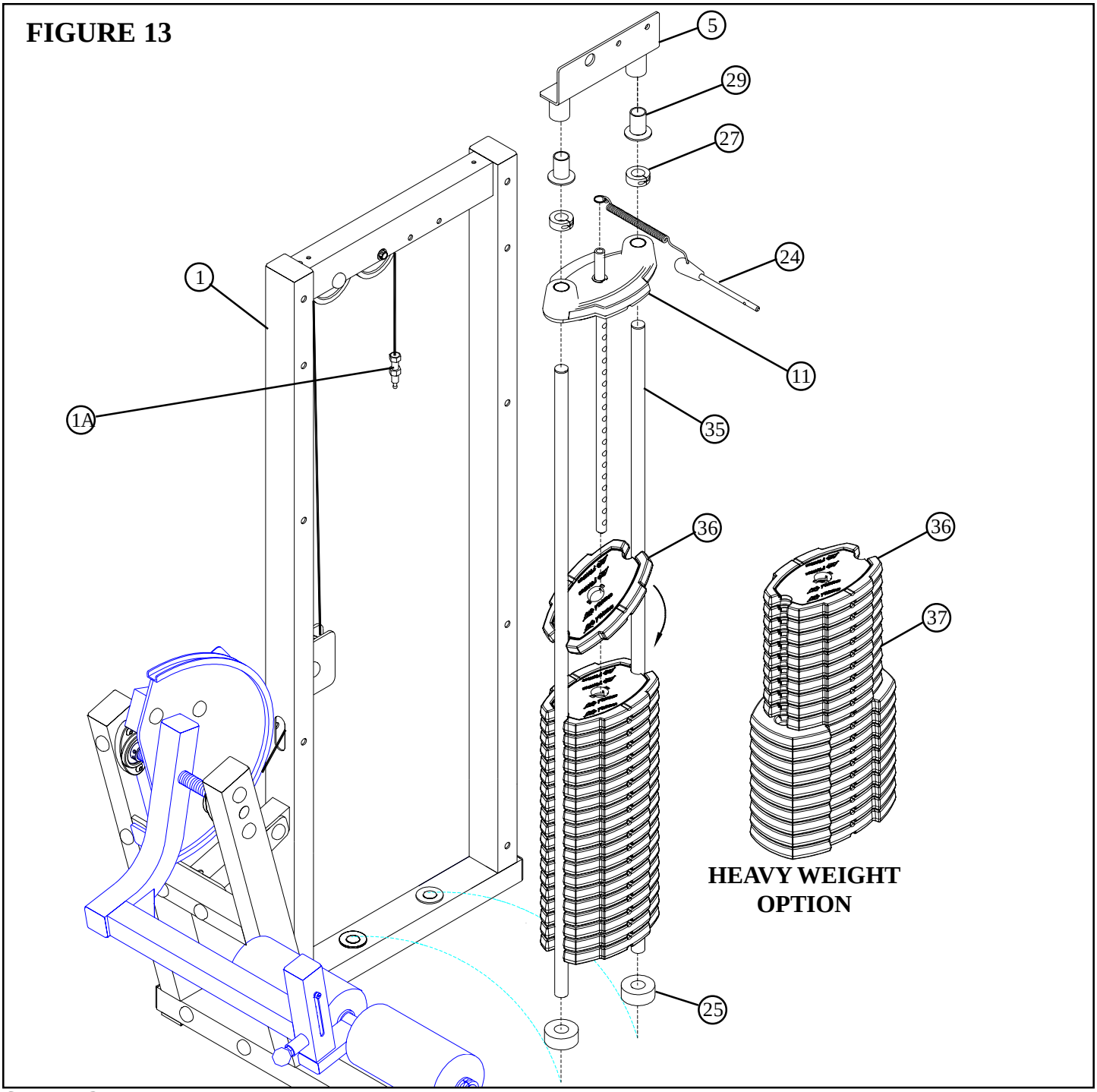


FIGURE 12

STEP 12:

- **SECURELY** assemble the CAM SHROUD (6) to the PIVOT ARM SUPPORT (2) using two RH CAPS (40), two BLACK RH CAPS (26), two 3/8 X 3-1/2” BOLTS (16), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 12.

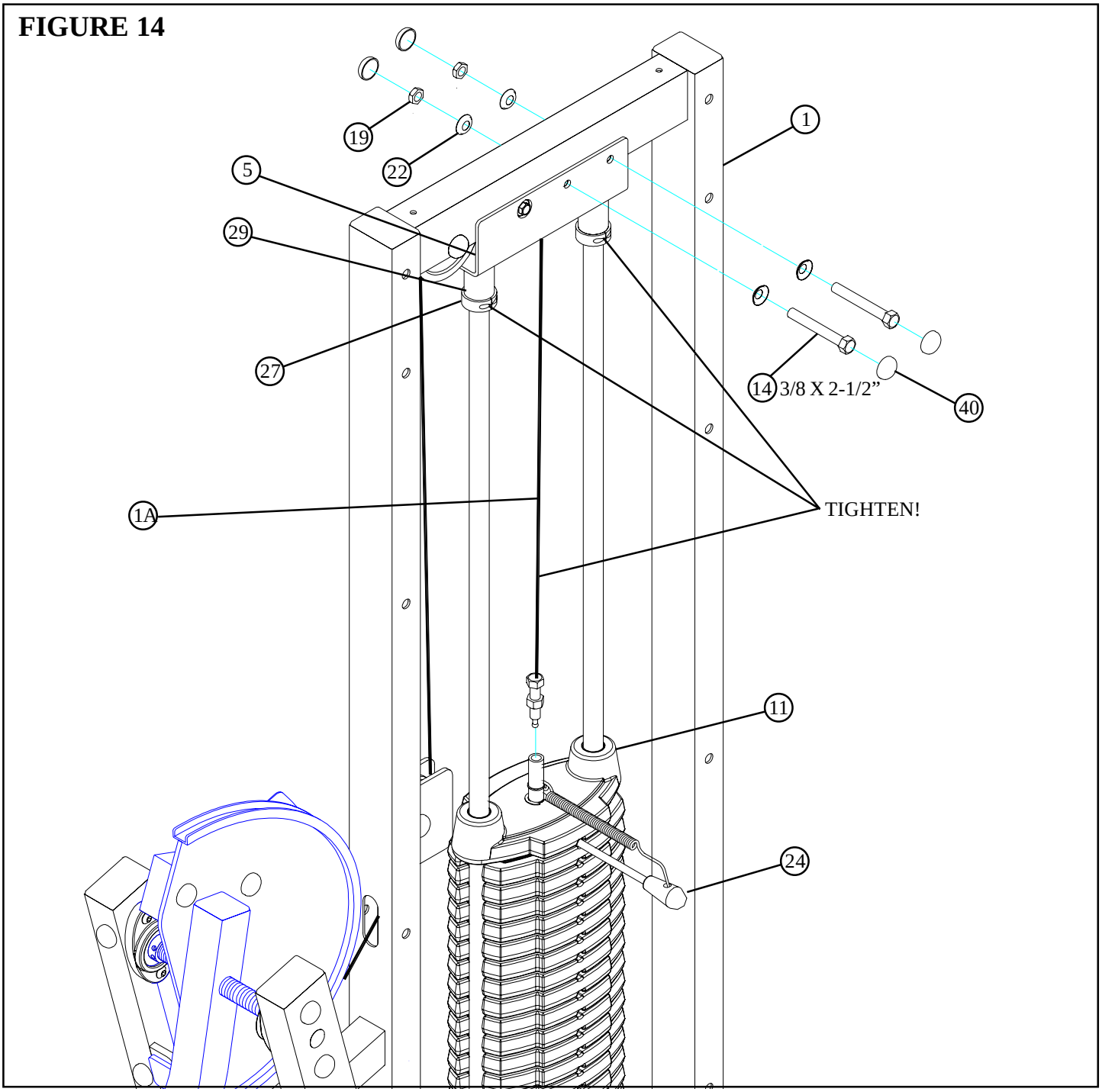
FIGURE 13



STEP 13:

- Insert the two GUIDE RODS (35) (found in the SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 13. Lubricate the GUIDE RODS (35) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (25) down over the GUIDE RODS (35). See FIGURE 13.
- Using **EXTREME CARE** place twenty 10 LB. WEIGHT PLATES (36) over the GUIDE RODS (35) as shown in FIGURE 13.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (37) over the GUIDE RODS (35) first, then slide ten 10 LB. WEIGHT PLATES (36) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (11) down over the GUIDE RODS (35) onto the weight stack as shown in FIGURE 13.
- Slide one WEIGHT STACK SELECTOR PIN (24) over the shaft on the HEAD PLATE (11) as shown in FIGURE 13.
- Slide two 1" SHAFT COLLARS (27) over each GUIDE ROD (35) as shown in FIGURE 13.
- Slide two GUIDE ROD BUSHINGS (29) over each GUIDE ROD(35)
- Place the GUIDE ROD SUPPORT (5) over the GUIDE RODS (35) as shown in FIGURE 13.

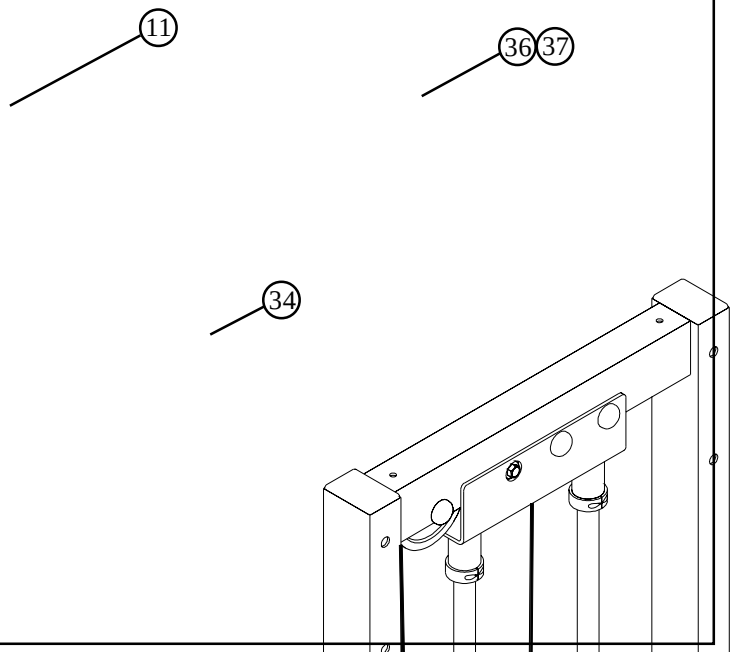
FIGURE 14



STEP 14:

- **SECURELY** assemble the GUIDE ROD SUPPORT (5) to the TOWER (1) using four RH CAPS (40), two 3/8 X 2-1/2” BOLTS (14), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 14. **(NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (5) before tightening.)**
- Slide GUIDE ROD BUSHINGS (29) into the tubes on the GUIDE ROD SUPPORT (5), slide 1” SHAFT COLLARS (27) underneath the GUIDE ROD BUSHINGS (29) and **SECURELY** tighten the set screws.
- Screw the threaded end of the CABLE into the end of the shaft on the HEAD PLATE (11) until the CABLE is taunt and tighten jam nut securely. See FIGURE 14.
- Insert the WEIGHT STACK PIN (24) into the WEIGHT STACK as shown in FIGURE 14.

FIGURE 15



STEP 15:

• The WEIGHT STACK LABEL sheet (34) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.

• Peel the backing off the WEIGHT STACK LABEL (34), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (36 or 37), starting with the HEAD PLATE (11) as shown in FIGURE 15.

• **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

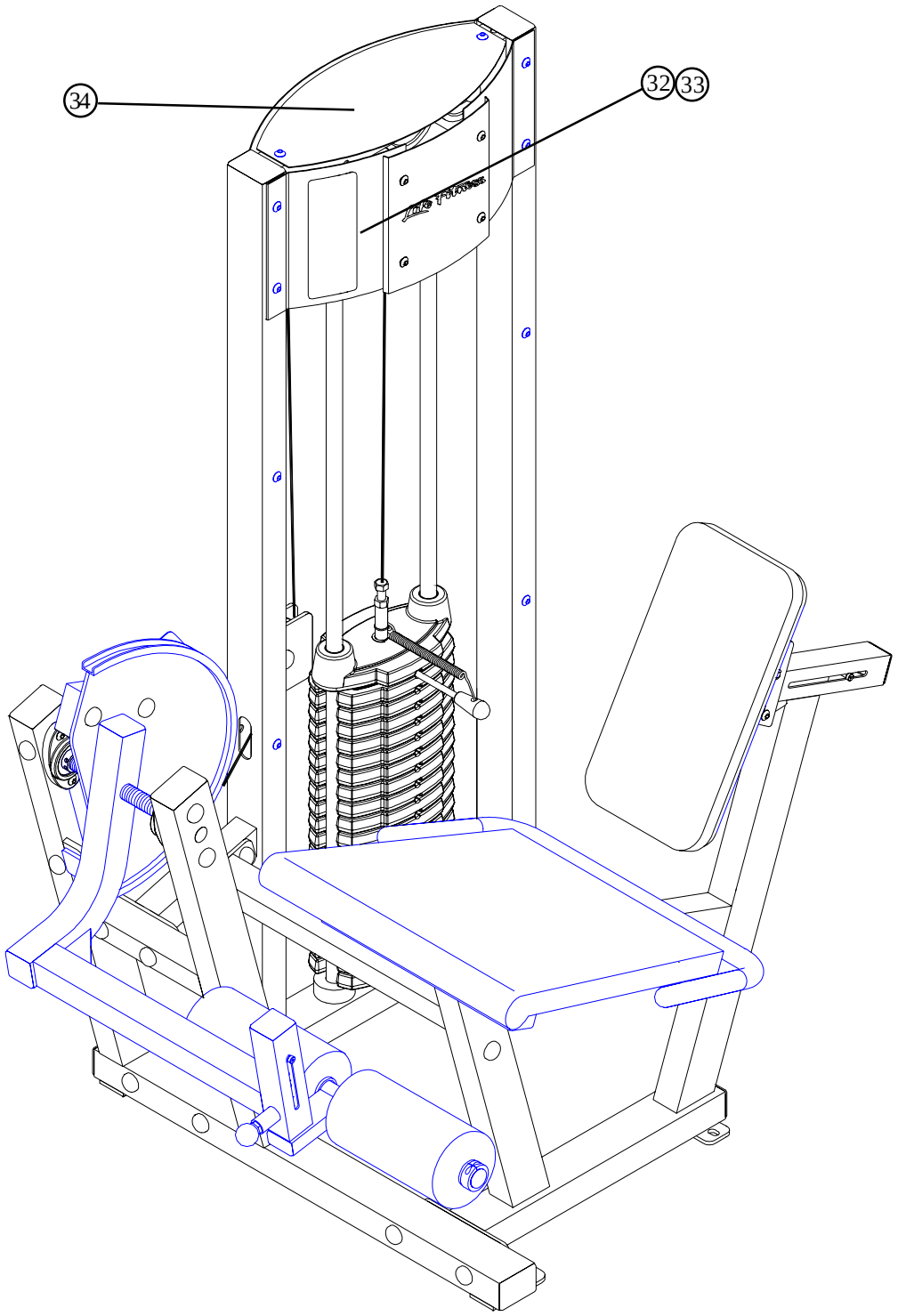


FIGURE 16

STEP 16:

- Assemble the PLACARD LABEL (32) or the LANGUAGE ADDENDUM PLACARD LABEL (33) to the FRONT SHROUD as shown in FIGURE 16.

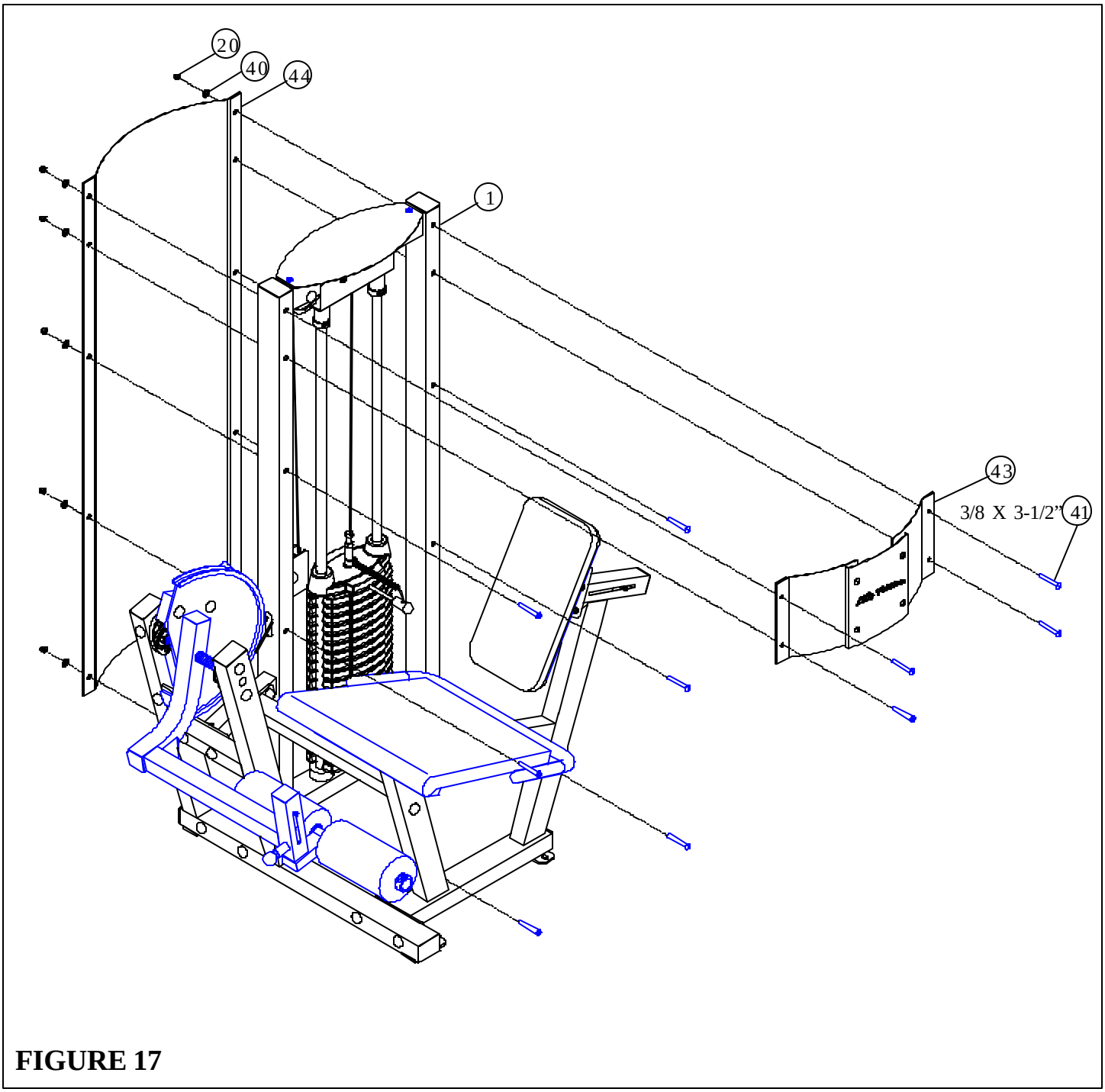


FIGURE 17

STEP 17:

(NOTE: If the PARTIAL SHROUD KIT is being used follow STEP 17. If the FULL SHROUD KIT is being used follow STEP 18)

- **SECURELY** assemble the FRONT PARTIAL SHROUD (43) and the REAR PARTIAL SHROUD (44) to the TOWER (1) using ten 3/8 X 3-1/2" BUTTON HEAD BOLTS (41), ten STARLOCK WASHERS (40), and ten 3/8" ACORN NUTS (20) as shown in FIGURE 17.

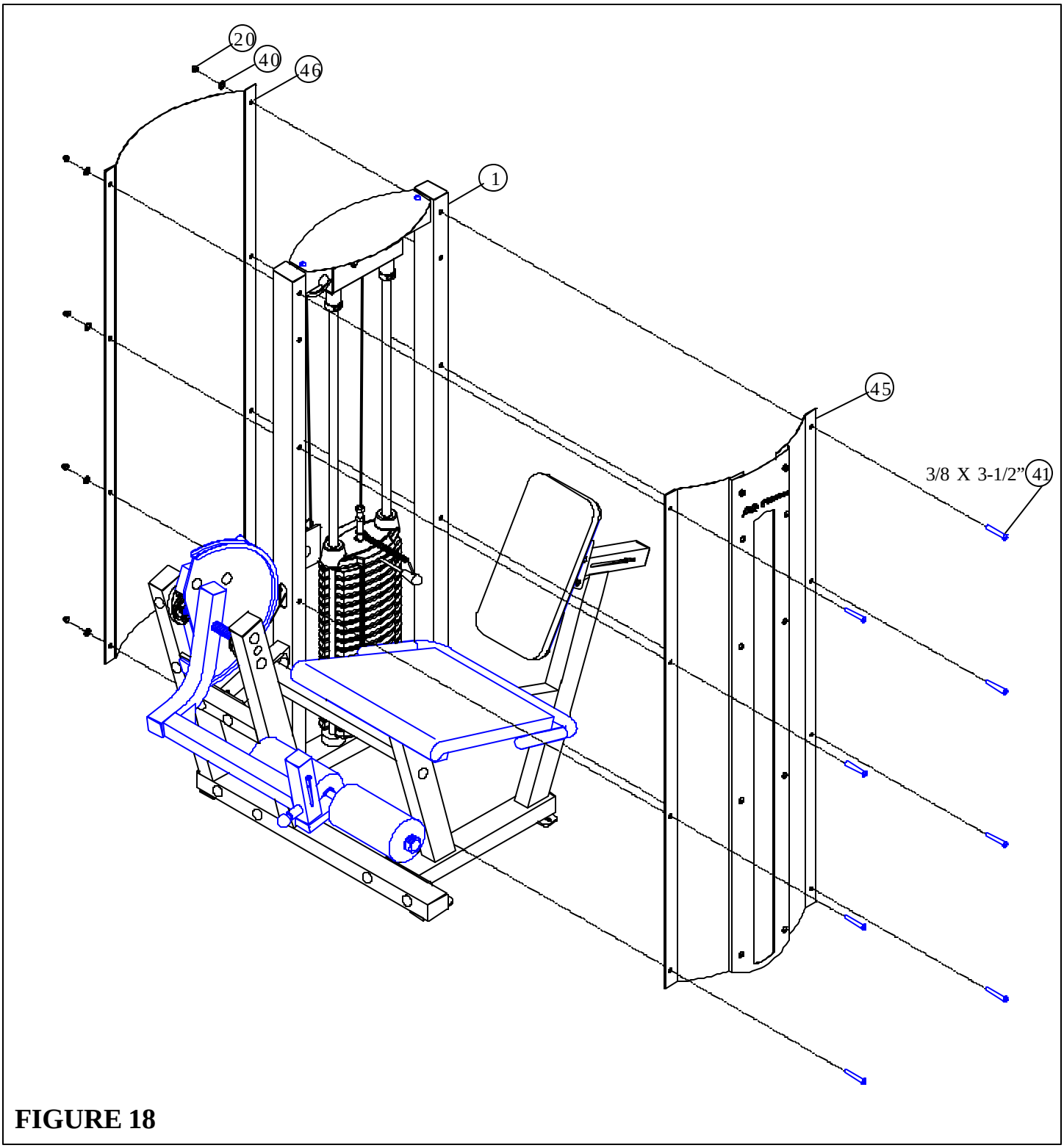


FIGURE 18

STEP 18:

- **SECURELY** assemble the FRONT FULL SHROUD (45) and the REAR FULL SHROUD (46) to the TOWER (1) using eight 3/8 X 3-1/2” BUTTON HEAD BOLTS (41), eight STARLOCK WASHERS (40), and eight 3/8” ACORN NUTS (20) as shown in FIGURE 18.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES LEG EXTENSION. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.